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With Carmen Dunn, BComm, CNP

12:00 – 1:30 pm Preventative Health Care
Optimal Cardiovascular Health Through Nutrition
With Steve Julien, BEng, CNP, CDPAT

2:00 – 3:30 pm Fitness and Sports Nutrition
The 80:20 Rule: Why Nutrition is More Important than Training
With Rachel Greenwood, BSc, MSc, CNP

CLASSROOM B

Food Demonstrations with Rachelle Girardin, CNP

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Towards the Reconciliation Bridge & Vancouver's High Line

by Joseph Roberts

The January, 2016, edition of *Common Ground* contained an article about transforming the Georgia Viaduct into a Reconciliation Bridge, a symbolic link between First Nations and our invading, immigrating European culture. *Our Walk for Reconciliation* in 2013 drew estimates of 70,000 in the rain across our old Georgia Viaduct, inspiring this new vision: the Reconciliation Bridge. Martin Luther King Jr.'s daughter Bernice spoke that day of her father's dream for healing inequalities in his famous *I Have a Dream* speech. Now we have our dream for a concrete way of honouring our commitment to First Nations.

The City owns the property; it's our asset, as is the newly acquired CP rail Arbutus corridor, running from the east end of the Georgia Viaduct/Reconciliation Bridge, all the way to the Fraser River. Vancouver's Mayor Robertson said (possibly in response to CG's January article), "now Vancouver has its own High Line." The comparison is to New York's famed public project, which is a similarly raised viaduct. But we will only have a Low Line unless we connect the adjacent Viaduct to extend the Low Line ground-level Arbutus Corridor with the High Line Reconciliation Bridge (viaduct).

Imagine walking out from the VPL, the Queen Elizabeth Theatre, or the new City Art Gallery and stepping onto the Reconciliation High Line Bridge, to be inspired by the beautiful vistas from uptop; then, descending onto the Low Line, the recently acquired CP Arbutus Corridor rail line forming a garden path all the way to our magnificent Fraser River. It is all connected.

Re-purposing nine kilometres of old train track plus one kilometre of High Line / Georgia Viaduct, into a 10 kilometre garden park from the central core of Vancouver out to *continued p.4...*

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common ground

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*...**Reconciliation Bridge** from p.3*

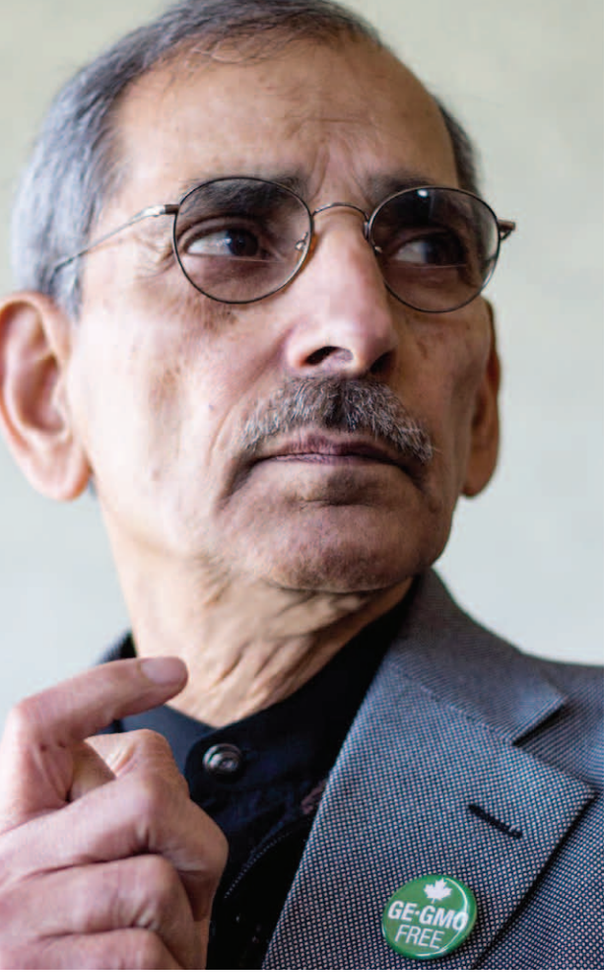
the shore of the mighty Fraser. What a gift to the citizens of Vancouver and a legacy for countless generations. We have the dream. We have the property. Now let's come together to realize our vision of reconciling the past, honouring First Nations, and protecting this 10 kilometre link for posterity.

This is our generation's opportunity to create a beautiful lasting parkway, as earlier generations did by saving Stanley Park. It is our turn to make a contribution to all our relations and make this a world class inspiration towards our common future.

Here is a letter from a Common Ground reader:

"Hello Joseph: I was in NYC in January and walked the High Line to the Whitney Museum. It was a cold, blustery day but still it was a very beautiful experience. I do so hope that we could have that same experience in Vancouver. Please keep me in the loop as to what's going on. It would be great for City Hall to keep the viaduct. Thank you for all your work in this regard. All the best, Barbara."

We can make this beautiful dream a reality. For information contact *Common Ground*, or email joseph@commonground.ca Lets move this healing dream forward.



The TPP

A bad deal for Canada, our food and our health

by Bobbie Blair

More than a decade after he was fired from his position as senior scientific advisor at Health Canada for telling the truth, Canadian 'whistleblower' Dr. Shiv Chopra is now warning us about a new threat to our health and our food safety: the Trans Pacific Partnership (TPP).

In 2004, Dr. Chopra lost his job for refusing to approve a genetically engineered bovine growth hormone (rBGH) developed to increase milk production in dairy cows. He faced an incredible amount of pressure to lie to the public, not only from the powerful biotech industry, but also from his superiors inside the government agency. Dr. Chopra's story is still a red flag for us today: we cannot rely on the government to look out for our health. But while they took his job and destroyed his career, neither the industry nor Health Canada could rob Dr. Chopra of his good name. A Federal Court established it was not only his *right*, but also his *duty* to blow the whistle about rBGH health concerns, as a scientist holding a position of public trust. Dr. Chopra has no regrets. A couple of years ago, he told an audience, "I would blow the whistle again!" This year, he keeps his promise.

What (the heck) is the TPP?

Most people have no clue what the TPP is. Think of it as a massive bomb headed straight for Canada, one that will blow up our rights and freedoms to self-govern how we please. We will no longer be free to create our own laws and policies or to protect our environment and Canadian- owned businesses and industries, our food quality and much more. Dr. Chopra reminds us our food quality is already degraded by greedy industries. "There are numerous food-borne, chronic diseases on the rise, including cancer, obesity, diabetes, cardiovascular, neurological and reproductive disorders." Most can be directly traced to "substances that are being utilized in food and agricultural production: hormones, antibiotics, slaughterhouse waste, pesticides and genetically modified organisms (GMOs)."

We are already getting sick and the TPP will open the floodgates for more toxicity, cause an increase in chronic illness and allow foreign pharmaceutical companies to enter with their patented drugs to hike up drug prices. The TPP is bad for our health and for our economy. According to National Farmers Union (NFU) president Jan Slomp, "The Trans Pacific Partnership (TPP) is designed to entrench the interests of foreign corporations and is an "attack on our supply management system," adding, "The implications for the dairy sector are severe."

> Dr. Chopra does not want to see the TPP or any other bad trade deal designed by corporations and their lawyers cancel out everything we all fought so hard for. This fight is for you and me – and our children.

Foreign corporations will cash-in and Canadians will lose, big time. Are we going to stand idly by or are we going to speak up and defend our rights?

Paul Manly, an International Trade and Investment critic, says this trade deal is impossible for an ordinary citizen to read. "The TPP consists of 30 chapters, 6,000 pages of text and appendices using legal language that… makes it difficult, if not impossible, for the average citizen to… comprehend… [But yet], it is important for the public to understand the implications of this far-reaching agreement…"

But then again, the TPP is not written for you and me, is it? Canadians just replaced a Federal government that treated us like feudal subjects with one that is now willing to listen, at least. But guess what? Prime Minister Trudeau has indicated he supports the TPP so unless we make our voices heard, he will sign us into this deal. Because Stephen Harper began the process in secret – despite the obligation he had to disclose the TPP proposal with citizens prior to signing anything – Canadians have no time to waste.

Please join Dr. Chopra and the Council of Canadians, who are among the many groups, including the David Suzuki Foundation, SumOfUs and LeadNow, and industries determined to save Canada from this disastrous deal. Over a decade ago, Dr. Chopra chose to speak up in defiance of those who wanted to put dangerous substances in our food in order to increase their profits. While he has no regrets about his choices, his actions and the consequences, he does want it to mean something for Canada. Dr. Chopra does not want to see the TPP or any other bad trade deal designed by corporations and their lawyers cancel out everything we all fought so hard for. This fight is for you and me – and our children. Please show that you care and make your voice heard.

How you can help

Dr. Chopra is speaking out, but he can't stop the TPP without our help.

Petition: Please visit the website below to sign and share his petition: http://www.foodsovereigntycanada.com Every page and every signature counts.

Attend an event: Having already spoken at events in cities such as Montreal and Ottawa, Dr. Shiv Chopra is visiting BC this month. There will be eight events at various locations. Dr. Chopra is not charging any fee for speaking at these 100% volunteer-run events.

Courtenay: April 7 (7PM) Rotary Hall, Filberg Centre, 411Anderton Ave.

Nanaimo: April 8 (7PM) Bowen Park Complex, 500 Bowen Rd.

Duncan: April 9 (3PM) Island Savings Centre, (Mesachie Rm.) 2687 James St.

Victoria: April 10 (7PM) UVIC, David Turpin Building (A104).

Ladner: April 12 (7PM) Ladner Pioneer Library, 4683 51st St.

Langley: April 13 (7PM) Trinity Western University, 7600 Glover Rd.

Chilliwack: April 14 (7PM) Yarrow Community School, 4595 Wilson Rd.

Vancouver: April 16, (all day) SFU Harbour Centre (Rm. 320), 520 W. Hastings St.

Note: Ladner is looking for a larger venue. Check Facebook for any changes.

Donate: The Langley COC chapter has set up a GoFundMe account to help this tour: www.gofundme.com/4fu2c4j5

Dr. Chopra's *Corrupt to the Core: Memoirs of a Health Canada Whistleblower* is no longer in print, but a new DVD version has just been published in 2016.

Other related links:

www.shivchopra.com
www.foodsovereigntycanada.com
www.canadians.org/tpp
Like and share our Facebook event page:
www.facebook.com/events/735057969929755/

PPIs pose some very serious risks

Think twice about taking heartburn drugs

Warning: this column is for people who are taking (or have been offered) heartburn drugs or are considering treatment for heartburn. In other words: most of us. If you develop heartburn or ulcers, there is a good chance you'll be offered a prescription from the most effective – and possibly most inappropriately over-consumed – class of drugs on the planet: a proton pump inhibitor or PPI.

PPIs include drugs like omeprazole (Losec® or Prilosec® in the US), lansoprazole (Prevacid®), rabeprazole (Pariet®), pantoprazole (Pantoloc®) or esomeprazole (Nexium®). They are given for a variety of things including dyspepsia (a catchall term for digestive problems such as stomach discomfort, gas, bloating, belching, appetite loss and nausea), peptic ulcer disease (PUD), gastroesophageal reflux disease (GERD) and Zollinger-Ellison syndrome. Does stomach acid rising in your throat compel you to make a doctor's visit? All I'm saying is there is a very good chance you'll get a PPI faster than you can say "rebound acid hypersecretion."

The popularity of these drugs is mind-blowingly huge and it's not uncommon for people to wake up one day and realize they've been on the drug for a decade. Maybe you took your first one when you had a small developing ulcer or for an occasional bout of stomach acid that rises in your throat and burns like you've downed a red-hot poker. You feel bad because you have this nagging feeling you shouldn't be taking the drug, but, at the same time, you're strangely very happy because the little pill works really well in dowsing the flames.

There is one important thing you need to know from the approved product label for PPIs: they are approved for "short-term treatment" of GERD and duodenal and stomach ulcers that are "resistant" to antacids and H2-blockers. The operative phrase is "short term", so what explains the fact there are upwards of 10 million scripts written every year for PPIs in Canada (about 100 million in the US), the third highest-selling class of drugs in North America?

For starters, PPIs are extremely effective at influencing the production of acid by the stomach. Remember, stomach acid is your friend, helping digest food and preventing infections, but too much of it in the wrong place can be uncomfortable. Up to 30 percent of Canadians will experience some kind of reflux in their lives and peptic ulcers affect roughly 10 percent of us. "Peptic ulcer" is an umbrella term for certain lesions – little pits or "craters" – in the mucous membranes or lining of the stomach and duodenum (top part of the small intestine), which can cause significant pain, bleeding, and, in rare cases, can erode all the way through the wall of the GI tract, leading to a perforated ulcer.

After we chew food, it makes its way down the esophagus and into our stomachs where the process of digestion begins: acid breaks down the food into its essential nutrients. GERD occurs when acid from the stomach 'backs up' into the esophagus, irritating it and, in the process, causing heartburn, nausea, burping or belching and an unpleasant taste in the mouth. A sphincter at the junction between the esophagus and the stomach is supposed to prevent your stomach contents from backing up into the esophagus, but it can malfunction for a variety of reasons. Generally, this happens after meals when the stomach is full and when lying down.

For eons, we thought ulcers were caused by stress and that the treatment was antacids, a bland diet or surgery. The 'stress' theory of ulcers soon came to be replaced by the 'bacteria' theory where a bacterium, Helicobacter pylori (H. pylori) was found to be one of the key causes of ulcers. In the early '70s, a revolutionary class of drugs – the H2 antagonists, including drugs like Tagamet or Zantac – were blockbusters in their own right, yet a mere shadow compared to the PPIs, which appeared on the scene in the mid '90s. Omeprazole (Losec® in Canada, Prilosec® in the US) was the first in a class of drugs that took the world of acid suppression drugs to a whole new level.

As I've said in the past, first comes the marketing, then comes the science,

> There is something to be said for taking less powerful medicine; it is less likely to kill you or cause collateral damage that could make your life worse.

then comes the regret. I would say the PPIs are currently in the 'regret' stage. Soon after omeprazole hit the market in 1995, there were reports of adverse effects, including joint and muscle pain, muscle weakness and swelling. And cases of kidney inflammation were reported in some patients after the first few months of starting omeprazole.

In fact, during those early days, some doctors feared PPIs were too effective, because they allowed gluttony to run unchecked. They became a passport to stuffing one's face without any consequences. In the early days, there were also concerns that prolonged use of PPIs could mask danger signs, such as cancer symptoms. In England, such concerns led to a 1998 warning from the Medical Research Council, which criticized doctors for putting all their indi- *continued p.13…*

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GMO BITES

Cereal giant General Mills to start labelling GMOs nationwide

by Lorraine Chow

General Mills has announced it will start labelling products with genetically modified (GMO) ingredients, becoming the second major food company to make the transition following Campbell Soup's decision in February.

The news comes as another blow to Big Food following the Senate's rejection of Sen. Pat Roberts' (R-Kan.) Safe and Accurate Food Labeling Act (SAFE) Wednesday. The bill, dubbed by opponents as the Denying Americans the Right to Know (DARK) Act, would have prevented states – namely Vermont – from requiring labelling of GMOs and stopped pending state laws that require labelling to go into effect.

Jeff Harmening, head of General Mills' US retail operations… explained that since his cereal company will be forced to label GMOs in Vermont by July 1 – which is when the state's labelling mandate takes effect – it should also extend GMO labelling to products sold across the nation.

He wrote… "We need a national solution for GMO labeling. I have been eagerly awaiting a resolution of the GMO labeling debate in Washington and am disappointed that a national solution has still not been reached. As the discussions continue in Washington, one thing is very clear: Vermont state law requires us to start labeling certain grocery store food packages that contain GMO ingredients or face significant fines."

The Cheerios maker's announcement was praised by GMO labelling proponents. Scott Faber, the Environmental Working Group group's senior vice president of government affairs, said the decision reflects the sentiment of the majority of Americans who want to know if they're eating GMOs.

> A number of major American companies, such as Ben & Jerry's, Chipotle and Whole Foods have either abandoned GMOs or require labelling.

"Nine out of 10 Americans want the right to know whether their food contains GMOs – just like consumers in 64 other nations," Faber said. "Like General Mills, we hope Congress will craft a national, mandatory GMO labelling solution and welcome the opportunity to work with industry to find a solution that works for consumers and works for the food industry."

Gary Hirshberg, chairman of the Just Label It campaign and Stonyfield Farm, also praised General Mills for the move: "General Mills has shown real leadership by committing to provide consumers basic information about their food. More than 60,000 consumers thanked Campbell's when they announced their commitment to greater transparency and I am sure consumers will reward General Mills for trusting consumers to make their own choices. I applaud their leadership for recognizing that consumers simply want to know what's in their food and how it's grown.

Senators on both sides of this issue now need to realize that the market place is moving far faster than our legislators and that the time has come to enact uniform mandatory legislation that makes it easy for consumers to see at a glance whether their foods contain GMOs. If large companies like General Mills and Campbells are accepting that this is what consumers want, then so should our political representatives. It is now time to put this debate behind us and realize that the citizens have spoken."

Besides Campbell Soup, a number of major American companies, such as Ben & Jerry's, Chipotle and Whole Foods have either abandoned GMOs or require labelling. Coincidence or not, Campbell has also seen its stock price rise after making its announcement to ditch GMOs.

The labelling of GMOs has been a contentious food fight in recent years.

Source: ecowatch.com Excerpted from the full article.

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TEDx Stanley Park Ideas to Action

TEDx conferences audiences laugh, learn and walk away with actionable wisdom. Live speakers share innovative optimistic solutions to humanity's tough challenges and give clear actionable answers to make a difference in our lives. These ideas build awareness, power attitude shifts, change policies and launch movements that inspire positive change.

It was 2012. I was 61 and open to taking on a project that would be my legacy to mankind. I attended a local TEDx event and eureka, I became clear on the shape, size and form of my legacy project. TEDx Stanley Park was born.

by Roger Killen

In 2013, the first TEDx Stanley Park event took place in front of 100 guests at The Theatre inside the UBC Campus at Robson Square in downtown Vancouver. In 2015, the second TEDx Stanley Park event took place in front of 450 at the Granville Island Stage. Its thirteen talks evoked a record-breaking seven standing ovations.

TEDxStanleyPark 2016 takes place at the Queen Elizabeth Theatre on Saturday, May 28. Our Ideas to Action theme guided our selection of talks to those that contain powerful calls to action that give legs to dreams. 15 speakers will share their personal, powerful and diverse life-stories with you and 2,640 others. Book this date into your calendar now. Here is a sneak preview of some of the topics to be covered.

Dan Lok

Entrepreneur Dan Lok's talk is titled *Why Don't Great Ideas Succeed?* He knows why and gives the audience ideas to help them realize their personal or business goals and dreams.

Maureen McGrath

Sex therapist Maureen McGrath exposes how the growth in sexless marriages has reached epidemic proportions. She serves up tips to get lust and exciting love making back into our marital bedrooms.

Gary Paterson

United Church minister Gary Paterson reminds us how discrimination is subtle but ubiquitous. He uses creative storytelling as the gateway to new understanding, and appreciation of minorities into our mainstream society.

Gayla Westler

Technology entrepreneur Galya Westler's talk addresses Social Media. Our addiction to social mediacan make us lonely, disconnected and depressed. She answers the big question – how to kick the habit and get the life we want back?

Ryan Phillips

Former hockey-player Ryan Phillip's new project *Return to Happiness* focuses on ending human trafficking and sex slavery which affects two million children. His organization fosters leadership in addressing this global epidemic.

Bosco Anthony

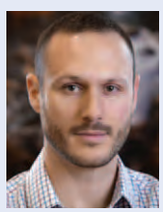
Bosco Anthony is a digital strategist. His title talk *Feeling Stuck?* will guide us through a transformation from being just spectators in our lives to proactively designing a rich, full and purposeful life we love to live.

Isabelle Mercier

Isabelle Mercier is a branding consultant who knows how too much worry dearly costs us in health and happiness. She offers simple effective processes to quickly improve confidence and peace of mind.

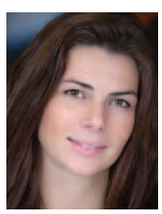
Gurdeep Parhar

Physician Gurdeep Parhar's talk is titled *Fixing Racism*. When racial stereotyping manifests there are definite things we can all do to create harmony with people among all races.



Connor Beaton

Connor Beaton's talk *Behind the Man Mask* reveals the complex challenges and conflicts that men face today. Connor calls on men to find freedom, experience self-expression and uncover a more real, fulfilling life for themselves and their relations.



Jessica Pautsch

Jessica Pautsch shows how ownership is an old broken social model and they are pretty exciting modern alternatives. She shows there are many good reasons why sharing is superior and necessary for our future survival. And way more fun too.

Iman Aghay

Iman Aghay's talk title is *Nothing to Regret*. He will illuminate how small bad habits cause lifelong regrets and offer up tips to replace them with healthy, healing and happy habits.

Karn Manhas

In a talk titled *Don't Let the Bed Bugs Bite*, Karn Manhas addresses an epidemic sweeping the world. He offers easy-to-use natural solutions for bugs that can really tick us off and cause emotional stress.

Jules Ku-Lea

Jules Ku-Lea shows how many everyday food products are built on the backs of slaves. She educates to stop slave labour, offers consumers tools to cut through hidden abuses and marketplace deception.

Kieron Sweeney

Kieron Sweeney is a seasoned rider of financial roller coasters. He challenges the school system to teach financial literacy to achieve financial security. Too many people retire broke and Kieron wants to fix the problem.

Sita Sahasrabudhe

Sita Sahasrabudhe knows that 20% of the world suffers from chronic illness and 80% misunderstand the personal or professional consequences. Sita empowers you to make a difference for yourself, and others.

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Dairy-free dilemmas

It is the oddest thing that, until fairly recently, the fluid that cows produce to grow their calves to 450 pounds or more in a year was recommended in our national food guides as the basis of an essential food group. It was an assumption on the part of Health Canada and nutritional scientists that humans of all ages require these bovine secretions on a daily basis.

Only about a decade ago did the "milk and milk products" group become "milk and alternatives," making room for fortified soy milk as the single alternative. Such food groups have important practical implications. For example, Canada's gradually evolving food guide has long been the basis for planning meals in institutions, hospitals and schools. But for many, the food guide's insistence on dairy has been problematic. Consider that worldwide, seven out of 10 people experience some degree of lactase insufficiency, the problem of digesting the milk sugar known as lactose.

In the last two decades, living a dairy-free life in excellent health has become easier.

For about eight decades, Canadian legislation has permitted cow's milk to be fortified with vitamin D. This addition has significantly reduced a disease of childhood known as rickets, which involves softened and malformed bones. Vitamin D can be considered both a vitamin (essential to life and required in the diet) and a non-vitamin (if we have adequate exposure to sunlight, our bodies can make this substance). At the northern latitudes, and with the limited sun exposure we experience in Canada, vitamin D production is low and insufficient throughout the winter. Thus, the vitamin D levels of many Canadians are low or borderline, especially in winter and spring.

The vitamin D fortification of cow's milk, viewed as a commonly consumed product, was considered a simple way for Canadian children and adults to avoid vitamin D deficiency and rickets. However, no parallel provision was made for those within our population who experience lactose intolerance: people allergic to milk protein, vegans and others who do not use cow's milk. Canadian legislation did not permit soy milk companies to fortify their non-dairy beverages with vitamin D until about 1997.

In the last two decades, living a dairy-free life in excellent health has become easier. Now, supermarket shelves display an assortment of non-dairy beverages fortified with vitamin D. Among the non-dairy beverages, fortified soymilk is the best choice for growing children due to its content of protein and fat. The isoflavones present also appear to reduce the risk of breast cancer in later life among girls who consume soy; a similar situation may exist for boys who consume soy, lessening the likelihood of prostate cancer later.

Without consuming one drop of dairy, we can derive all the nutrients found in fortified cow`s milk. For example, we can get abundant calcium from plant sources – as our non-milk-drinking ancestors did before the herding of animals became common practice. We can obtain sufficient vitamin D from a mix of sun, fortified non-dairy beverages and supplements. And we can find some extremely tasty dairy-free alternatives to cheese and ice cream.

Vesanto Melina is a Vancouver-based registered dietitian and co-author of award winning nutrition books. Visit www.becomingvegan.ca and www.nutrispeak.com

EVENT **April 3, 2PM:** Vesanto Melina co-presents "Dairy Free Living" at Vancouver Central Library, 350 W. Georgia, Alma Van Dusen Room. Register at http://tinyurl.com/dairyfreeliving

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Expo 86'd

"World class" costs 30 years later

by Bruce Mason

It's three decades since Vancouver sold its soul. Threw future generations out with dirty False Creek water.

If you're 30-something, you missed the mega-party, so it's ironic, or pathetic, that you're now paying more than your fair (pun intended) share of the tab. The more you know about 'then,' the better you to understand 'now,' and our new reality of tragic unaffordabilty.

Older readers may recall that glorious Expo 86 summer exceeding all expectations. When buses were emblazoned with "don't miss it for the world." Simpler times; a house was a place to live, starter-homes and handyman-specials cost five, maybe six figures, but much less than millions.

It all happened in 173 acres of glitz and coloured zones, along the north and east banks of False Creek, from the Granville Bridge to Quebec Street, after a century of heavy industry, a smelly, polluted, ramshackle, rundown eyesore of old rails and urban blight.

The south side, in stark contrast, had housing communities, - such as the False Creek housing coop, inspired by the Habitat 1976; UN Conference on Human Settlement - parks, Granville Island Public Market, and other products of the '70s "city beautiful" movement on the sand-spit originally named Industrial Island.

BC was suffering – stuck, as always, in the vise grip of resource dependency's boom and bust cycles - through seven years of bad luck, the awful '80s. But post secondary tuition was about a grand, a little sweat in a summer's wages. And interest on savings was near, or at, double digits. Some citizens wished for -and got- a big stadium, some rapid transit, a trade and convention centre, a high-priced hockey team, etc., etc.

Expo 86 expert and University of Wisconsin urban geographer, Kris Olds, wrote about the "perfect resolution" for the lust of B.C.'s political and business elites to forge links with wildly successful Asian economies and become a centre for Pacific Rim commerce.

> "Your east side home is now worth what a castle is in France. But your kids have to go to France to be able to afford to live." Mayor Mike Harcourt.

"In many ways it was more of an accelerator, than the cause of Vancouver's transition to a more global, metropolitan and cosmopolitan identity," he opined.

An 'accelerator' on speed and steroids, at the edge of the rainforest, a new possibility for a post-industrial parking lot of portable capital. Pave a bit of contaminated paradise with something shiny, eye-catching; a sleight of hand; attraction, distraction and hidden costs, real costs, now you see them, now you don't.

Lance Berelowitz, author of *Dream City: Vancouver and the Global Imagination*, moved here, back then, and like others was wowed by natural physical beauty and relatively undervalued property.

He recalls watching nightly fireworks from a Mount Pleasant apartment balcony: " It was like Vancouver was coming out at a debutant ball: 'Hi guys. We're here, we're sexy and we have this to sell. What do you want to buy?'"

Later, Mayor Mike Harcourt – while trying to rid that particular neighbourhood of prostitutes - would describe 'solicitation' as "somewhere between a wink and a half Nelson." Expo 86 was that kind of sales pitch. It worked wonders, world-wide.

Back in the day, when gutsy journalists – rather than bubbly, chatty, cheerleading careerists – worked in media, the delightfully caustic *Sun* columnist, Marjorie Nichols, described it as a "big, glittering, attention-riveting, reality-deflecting untruth about BC."

Fearing huge deficits - like Montreal's Olympics (1976) and world expositions in Knoxville (82) and New Orleans (84) - Mike Harcourt first opposed the fair, a major plank in his 1980 mayoralty run and first term at 12th and Cambie.

But organizers created a lottery – 6/49 (still very much with us) – and cut multimillion dollar corporate deals, adding numbers, including zeros."To stop moving is to die," advised a character in the highly popular Spirit Lodge, at General Motors Pavilion. Coke, CN, CP, Royal Bank, Minolta, McDonald's and more signed on for on-site monopolies, built amusements. The dawn of global corporations, a handful of gimme and a mouthful of much obliged.

This was all before cell phones, which is almost impossible to imagine today; back then, just a gleam in someone's eye. Everything at Expo was billed as innovative and folks went Ga-Ga over an IBM touch screen. Imagine – just put a finger on a screen and voila. Cameras were ubiquitous and Kodak – the only film available on-site – paid for the picture-perfect, nightly fireworks and the Musical Ride venue.

The crowds grew exponentially from May 2 to Oct. 13

"They didn't go home," Harcourt observed on the 25th anniversary. "They're still comin'! Your east side home is now worth what a castle is in France. But your kids have to go to France to be able to afford to live."

The fair's first president, American, Michael Bartlett, set the pace, and tone, as a relatively modest

Transpo 86 fair morphed into the 1986 World Exposition on Transportation and Communication, "World in Motion - World in Touch."

"If you get 180,000 people and there's only 160,000 things to do, you're going to have 20,000 pissed off. You get 'em on the site, you feed 'em, you make 'em dizzy, and you scare the s--- out of 'em'," advised Bartlett. He was fired by Jimmy Pattison, who took over the reins.

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Entertaiment trumped educational content. Jimmy prowled in a checkered jacket, picking up litter, famously offering to be chief executive officer for $1 a year and paying for personal expenses. His current estimated worth now exceeds $7 billion.

Expo 86 is the acknowledged prototype and case study for the phenomena of escalation. The avowed "purpose" was to celebrate Vancouver's centenary, rather than turn a profit (although, obviously, massive private fortunes would be made at the public's expense). Expenditures were justified as short-term urban renewal and economic development, in a long-term urban housing plan, predicted to be realized in far-off 2016.

Any Vancouver history must include always-volatile average house prices, in this case, pre- and post-Expo. The median price had more than doubled, from $86,000 (January, 1980) to $177,000 (January 1981). But when the Bank of Canada rate hit 21 per cent in August, the average house price had fallen back to $110,000, by summer, 1982.

> (Expo 86 was a) "big,glittering, attention-riveting, reality-deflecting untruth about BC." Marjorie Nichols, Vancouver Sun.

After Expo 86, (January, 1989), it was way up, to $220,000. Modest 1,000-square-foot heritage bungalows were bulldozed into landfills. "Monsters houses " were all the talk - four times the size - and the city would be dubbed "Hongcouver."

An elaborately staged, mega-event had been designed to attract property investors to park (or launder) their money. In the meantime,Vancouverites would have more-than-enough entertaiment, and venues, inlcuding free non-stop 'street' attractions and unlimited late-night booze. The genesis of a city as a luxury hotel.

Afterwards, Hong Kong's richest tycoon, Li Ka-shing bought the site for $320 million, so son, Victor, would have a high-profile project to develop his expertise and to establish a North American base for his empire. Taxpayers would pick up the cost of shufflling around toxically contaminated soil – 70 million and still with us, still climbing.

> "...most politicians accept skyrocketting prices and mortgage debt as "collateral damage" from growing the B.C. economy. Coin-operated government for global elites."

Olds believes the purchase had more impact on Vancouver's future than the fair. It attracted off-shore investment, unlocking massive real estate development and Asian dollars, including Ka-shing's Concord Pacific, the project developer.

UBC geographer David Ley is a leading expert on how world "gateway" cities are changing through rich in-migration. Last month he published a peer-reviewed paper in *The International Journal of Housing Policy.*

Expo 86, was a key event in government strategy to market the city to Asians, Ley notes in *"Global China and the making of Vancouver's residential property market."* He concludes that most politicians accept skyrocketting prices and mortgage debt as "collateral damage" from 'growing' the B.C. economy. Coin-operated government for global elites.

Expo 86 opened floodgates through Canada's immigration polices, including the business immigration program, and BC's laughably lax, but deliberate, property investment legislation.

The real, ongoing, long-term costs are highlighted in a recent Vancity report. It predicts massive worker shortages and a looming out-migration in search of affordable housing, including the most poorly paid university grads, compared to 10 other major Canadian cities.

Wages from 85 of 88 local, in-demand jobs will be insufficient for anyone who seeks to own a roof over their heads in Vancouver. In this housing market - first uncoupled from economic reality and stagnating incomes during Expo 86 – future nurses, firefighters, police officers, family doctors and others, SOL.

Legacies include the promise of a public park on nine acres of pavement. Also: the 10,000 demolition permits between 2004 and 2015 as the city began to bulldoze three houses per day into landfills. Towers – endless towers - began rising, phallic-like, obliterating the view of nature, with fewer and fewer places to live, play, raise kids and community.

Wasn't that a party? How about the brutal housing hangover?

To be continued.

Email your comments to brucemason@shaw.ca.

Expo 86 by the numbers

Bad press for the on-again, off-again fair included evictions from Eastside hotels and rooming houses. Long-time resident Olaf Solheim committed suicide and Pete Seeger staged a free concert in his memory.

Taking part: 54 nations, 12 provinces/states, 14 corporate or specialized pavilions in the largest gathering of entertainment for the biggest party in BC history; 4,000 children (and 587 adults) were Lost and Found.

Charles and Diana opened it. She fainted, which attracted additional global attention. There were approximately 150 other performances each day – some 43,000 in total – from La Scala opera, to street jugglers, a still-revered Bill Cosby, and uncrowned 'Queen,' Liberace.

Early rain made some exhibitors homesick, but 130 of 172 days were uncharacteristically dry.

The final count: 22 million visits exceeded projections of 13.7. Average daily attendance was 120,000; the largest,341,806, was Sunday, October 12, a fever pitch for a fond, last look and the challenge to push up attendance as far as possible.

There were 158 structures; 52 restaurants in which $94 million was spent on food, $4.2 million on hot dogs alone.

$20 million was dropped on amusement rides: the Space Tower, Cariboo Log Chute, Looping Starship, Scream Machine, and 1907 Toboggan Co. Carrousel.

Total cost; $1.5 billion, shared by Ottawa, Victoria and corporations. Lotto 6/49 – now a feature of west coast life – was invented to cover the $311M deficit.

25,000+ full-time jobs were created. A special unemployment office was set up, post-fair, added again to BC's 12.2 % unemployment.

"Residuals" include the Inuktitut on English Bay, China Gate, on Pender Street, the restored Locomotive #374 inside the Roundhouse, the world's largest hockey stick in Duncan and Folklife on Gabriola.

Park benches, planters, and furniture were auctioned off and strewn from the PNE and White Rock, to Cultus Lake.

For a list and photos, visit: http://bobbea.com/expo-86/whatever2.html.

The problem with animal research

by John Pranger

Sponsored by the Animal Defense & Anti-Vivisection Society of BC. vivisectionresearch.ca

The arrival in Canada each year of monkeys destined for the laboratory shows the entrenched nature of Canada's R&D community. While the use of animals in medical research and toxicity testing is being scaled back elsewhere in the world – due to a recognition of the inadequacy of this research – in Canada, more than three million animals are subjected to experimentation in publicly funded institutions every year.

Many of these animals are subjected to procedures involving severe pain "near, at or above the pain tolerance threshold of unanesthetized, conscious animals" (Category of Invasiveness = E). This means that, annually, thousands of animals suffer prolonged, unendurable pain at the hands of Canadian scientists. And these statistics only hold true of those institutes that report to the Canadian Council on Animal Care; private facilities are not compelled to follow CCAC guidelines nor to divulge their animal usage. What makes this sorry situation all the more unacceptable is the plain fact that human medicine has not been improved by the use of animals in this way.

In 2004, the *British Medical Journal* published an article titled "Where is the evidence that animal research benefits humans?" It states, "The public often consider it axiomatic that animal research has contributed to the treatment of human disease, yet little evidence is available to support this view." (BMJ, 2004; 328:514-517, 28 Feb)

After over 150 years of animal research, literally billions of animals used, billions of taxpayer dollars spent and regular news articles claiming that animal research benefits humans, this revelation might shock you. Equally, the enormous damage to human health that has been *caused* by animal experimentation is little known.

Experimenters receive billions of tax and charity dollars to conduct experiments that leading scientists say only serve to hinder and prevent medical progress. Anti-vivisectionist doctors, surgeons and scientists have long denounced animal studies as scientifically invalid – but so far with precious little result. The damage to human health comes in many forms. It ranges from the more visible harm caused by dangerous drugs that have passed animal tests, to more subtle forms such as the medically-invasive attitude that animal experimentation has helped advance. The U.S. Food and Drug Administration has reported that 92% of all the drugs found safe and effective in animal tests were either unsafe or ineffective in humans. We'd be better off just flipping a coin!

From Opren to Fen-Phen, from Thalidomide to Vioxx – withdrawn in 2004 after killing more than 100,000 people, having been deemed "safe" after being tested on monkeys and other species – the toll of pharmaceutical harm is a devastating indictment of the way we have allowed established science to flourish while more scientifically credible, effective and humane non-animal research remains on the back burner.

Important therapies such as chloroform and penicillin were almost derailed altogether due to their inefficacy in the animal model. Nobody can say how many possible cures have been similarly discarded due to their poor performance in animals. Even the most infinitesimal difference between species can render the data derived from one species inapplicable in another. Cancers that spontaneously arise in humans cannot be understood by artificially inducing tumours in animals under unnatural laboratory conditions. As an exasperated Thomas E. Wagner, senior scientist at Ohio University's Edison Bio-Technology Institute, put it, "God knows we've cured mice of all sorts of tumours. But *that* isn't medical research." (The Columbus Dispatch, March 20, 1998)

Human arthritis cannot be replicated by experiments, which attempt to artificially "recreate" the disease by crushing or hammering the joints of animals. Poisoning the brains of monkeys to simulate Parkinson's disease results only in Parkinson's-like symptoms – and all the human tragedy these entail – being forced onto terrified and immobilized monkeys. True PD cannot be replicated in this way. Technological advances have led to the development of far more relevant, human-based approaches to these and other human diseases and must be implemented if we are to conquer human disease. (See: Marius Maxwell, MB,BChir, DPhil – http://www.vero.org.uk/press7.asp

Most current research into degenerative diseases is designed to discover patentable, synthetic drugs that suppress symptoms as a long-term treatment, but don't heal the patient who is often prescribed a "cocktail" of drugs to counteract the "side-effects" of the previous drugs. Israeli physician Dr. Arie Brecher explains, "From an animal, one can get only a very approximate indication of how a human will react under similar circumstances.

But this is not science – it's a lottery. However, we are not playing games. At stake are health and life. The day it was decided to develop medicaments using animal models, it was a sad day for mankind. People began to get sick and to die due to medications. A new epoch in medicine started: the epoch of iatrogenic diseases, caused by doctors, by medical therapies. In the US, at least one and a half million people are hospitalized every year due to the intake of drugs and many die. For the first time in history, medicine causes disasters instead of curing illness." (See: Brecher http://vivisectionresearch.ca/1000MDs.pdf)

Despite continual reports of "imminent medical breakthroughs" and so-called "miracle drugs," our health situation is not improving. Total spending on health care in Canada is well over $200 billion, growing an estimated five percent per year and threatening to choke the Provincial budgets. The awarding of millions of dollars in Canadian government grants every year to research involving animal experiments is a constant drain on the taxpayer as it displaces money that should be going to patient care and clinical research methods. To make matters worse, the animal researchers alone decide which grant proposals will receive funding; through the system of peer review, vivisectors submit grant proposals and sit on the same committees that approve such grants. In any other area, this conflict of interest and corresponding lack of cost-benefit analysis would simply not occur. In the self-monitored world of animal research, it is business as usual.

In addition to taxpayer sponsored government grants, animal research is funded by private charities. This money is donated by well-meaning people in good faith that it will be spent on valid research. These people hope that their donations will help find a cure for the disease in question. They may be unaware that their donations help to finance often bizarre, frequently repetitive, always cruel and sadly ineffective animal research.

As medical consumers and taxpayers, we have an absolute right to question the mismanagement of our health and why our healthcare needs are not being advanced. With our money, the biomedical research industry has created a system, which is completely self-monitored and self-regulated. It is imperative that we demand from government that animal experimentation be replaced immediately by the valid research that will enable us to create a healthy – and yes, humane – society.

John Pranger is a director-emeritus of the Animal Defence and Anti-Vivisection Society of BC. His essays on the history and proliferation of animal experimentation have helped to spearhead the ADAV's public outreach campaigns, including Stop UBC Animal Research and the new Humane Charities Canada initiative.

EVENT April 16-24 marks the annual World Week for Animals in Laboratories. To become involved or to learn more about the ADAV Society, visit www.stopubcanimalresearch.org

...*Cassels from p.6*

gestion patients on PPIs and failing to 'step down' to basic remedies. The Council warned patients would get put on a PPI and never actually have to deal with the lifestyle or other factors conspiring to cause the acid reflux in the first place.

Nearly 20 years later, what can we say? "Boy, were they ever right." It seems that the strongest drugs to block acid, the high dose PPIs, turned out to be the most dangerous to use especially in the long term and in the elderly. But what sort of dangers do they pose?

The long-term consumption of PPIs has a range of potential dire consequences, which I've deemed the Four Risks of the PPI Apocalypse:

Rebound acid hypersecretion risk: wonder why so many people start the drug and can't stop taking it? Dude, you can become dependent on PPIs in as little as four weeks on the stuff. This is a serious adverse effect that few people seem to be taking seriously. It is based on the fact that once you start feeling better, you stop taking the drug. The acid reflux comes back so strong it knocks you off your feet, therefore you go get another prescription. You have, sadly, become addicted to the stuff.

Fracture risks: taking PPIs for the long term in multiple daily doses increases risks of fractures of the hip, wrist or spine. When you're tampering with the stomach flora, you're also tinkering with the composition of your bones. Snap. Crackle. Pop.

Infection risks: the drugs are known to lead to an increased risk of infections, including pneumonia and C. difficile, which is particularly dire for elderly people who have spent time in a hospital. It could lead to them spending many more weeks in the hospital, or worse, dead.

Magnesium deficiency risk: it has taken a while, but information on the risk of severe magnesium deficiency has accumulated and is well known. If you are taking certain meds that alter your heart rhythm, low magnesium can make things a lot worse, including possibly life-threatening heart rhythm disruptions or arrhythmias.

Wait, there's a fifth: a study out of Stanford University last summer found that "PPI use was associated with a roughly 20 percent increase in the rate of subsequent heart attack risk among all adult PPI users." Those are pretty powerful words.

What to do when simple heartburn can lead you down a drug-filled path that could lead to a heart attack? Think alternatives.

There are tons of alternatives that can help relieve stomach acid and the best of these are lifestyle adjustments: losing some weight, eating more fibre, quitting smoking and drinking more water or green tea. Less restrictive clothing helps some people and some have found success with ginger, cabbage juice, digestive enzymes and probiotics.

In other words, you can search out alternatives, many of which might not be as powerful as a PPI, but there is something to be said for taking less powerful medicine; it is less likely to kill you or cause collateral damage that could make your life worse.

Alan Cassels is a pharmaceutical policy researcher in Victoria and author of the just-published The Cochrane Collaboration: Medicine's Best Kept Secret. Follow him on Twitter at @akecassels

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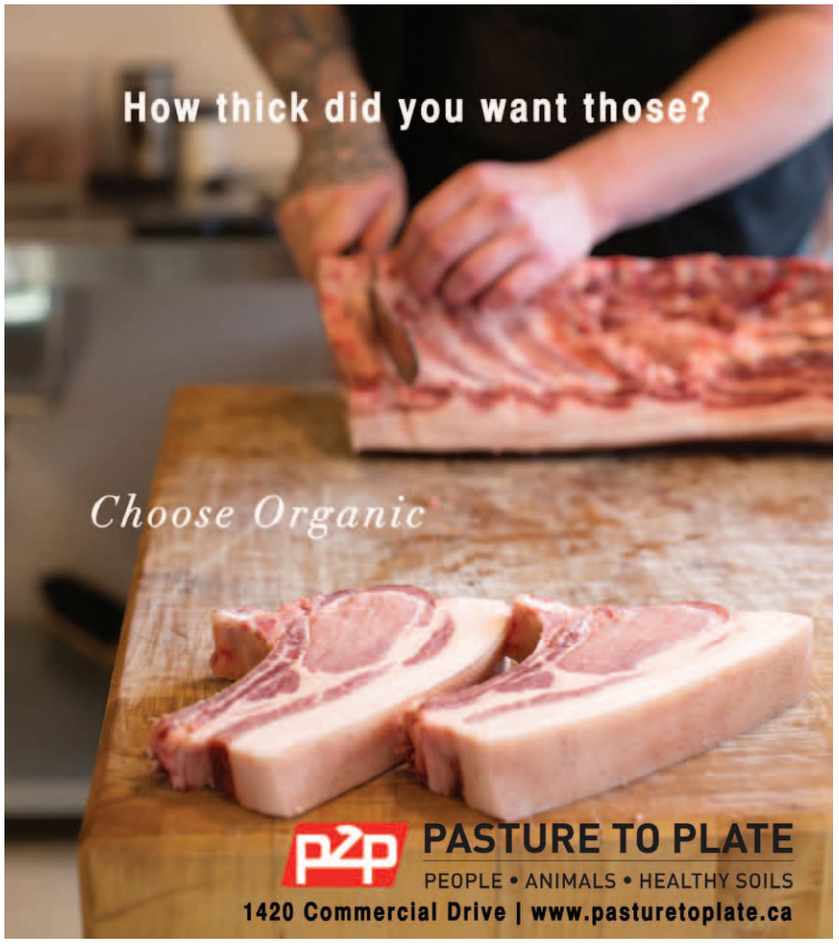
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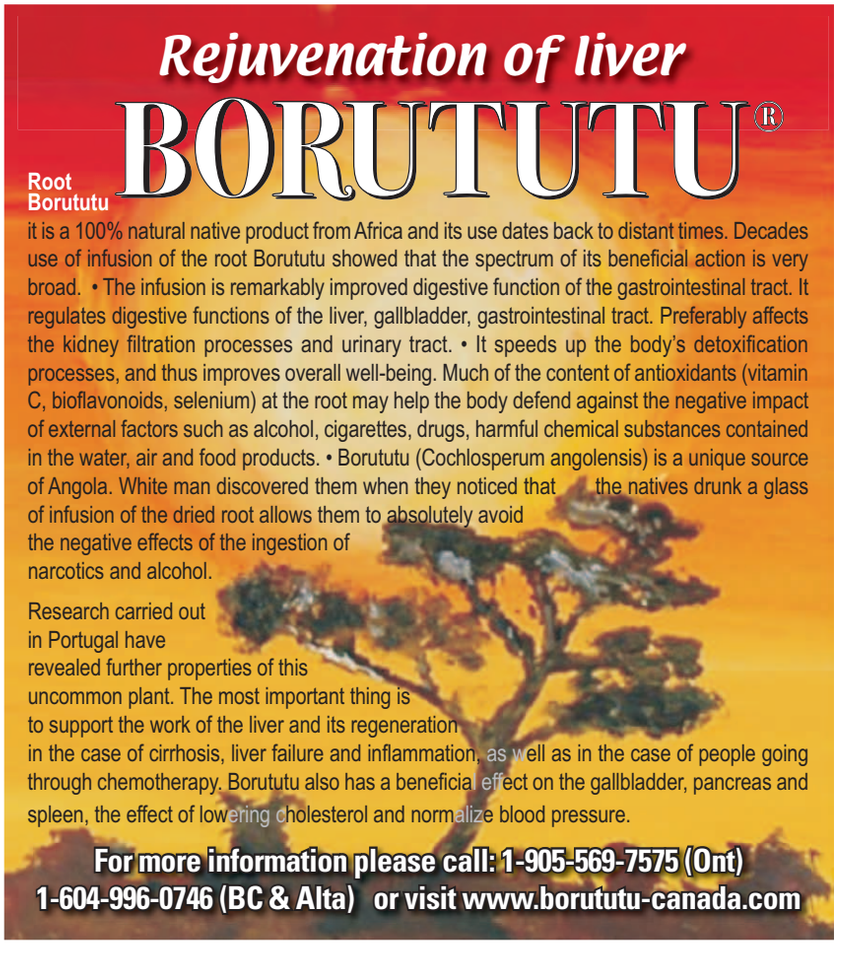
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Celebrate the Wisdom of Elders

You are invited to a historic gathering at the Queen Elizabeth Theatre, April 22, 2016

In 2014, the Year of Reconciliation, the City of Vancouver acknowledged its occupation of the traditional territories of the Musqueam, Squamish and Tsleil-Waututh First Nations, and territories that were never ceded through treaty, war or surrender.

The work of reconciliation belongs to all who have settled here, as well as Indigenous Peoples. Governments can take acknowledge and apologize, but a shift is needed from all to move forward together.

In an interview to mark his 80th birthday, David Suzuki expressed his feeling that the environmental movement has failed for decades given it has not shown the world the wisdom of Indigenous worldviews and humans interconnectedness with nature. Vancouver envisions itself the Greenest City, so how can reconciliation place Coast Salish Peoples' environmental stewardship at the centre of our shared future?

Reconciliation demands that we relearn history and consider how the status quo works against a just future for all. South Africa is overcoming decades of divisions, and in Australia there is tremendous learning about correcting the colonial past. Here in Canada we have an exciting opportunity to make reconciliation matter for our neighbourhoods, schools, and public places.

On this 46th Earth Day, we invite you to unpack what reconciliation means for our city and the planet. Please accept this call to connect with wise elders, artists and visionaries for lasting reconciliation.

Kwi Awt Stelmexw and the Tsleil-Waututh Nation, with the support of the City of Vancouver, are producing Earth Day 2016 at the Queen Elizabeth Theatre. From 4-11pm, internationally renowned speakers and musicians will deepen cross-cultural understanding, and lead us towards the genuine reconciliation work still to be done.

Celebrate the brilliant words of Lee Maracle, immerse yourself in the sounds of Juno-winner George Leach, hear the wisdom of Chief Bobby Joseph, laugh at the comedy of Ryan McMahon, love the intelligence of Grand Chief Stewart Phillip and Joan Phillip, and witness the dance of Children Of Takaya. *Read the bios next page!*

4-PAGE PROGRAM

THE PROMISE OF RECONCILIATION

"We were expected to destroy one another and ourselves collectively in the worst racial conflagration. Instead, we as a people chose the path of negotiation, compromise and peaceful settlement. Instead of hatred and revenge we chose reconciliation and nation-building."
— Nelson Mandela

"I remain convinced that most human conflicts can be solved through genuine dialogue conducted with a spirit of openness and reconciliation"
— Dalai Llama.

"You cannot legislate for someone to reconcile but you can create that space for reconciliation to happen so that we get to the place we need to be together"
— Andrea Reimer, City Councillor, City of Vancouver

10 ways to advance reconciliation

1) Learn traditional place names from where you live.

2) Advocate in your municipality to have traditional place names re-introduced.

3) Talk with your family, friends, neighbours, coworkers, and organisations about the ***VOICES OF ELDERS*** program and invite your community to the Queen Elizabeth Theatre on April 22. Help get the word out about this historic event.

Individual tickets are onsale at ticketstonight.ca and at outlets *(listed on next page)*. Group and discount tickets and volunteering information is available at *contact@kwiawtstelmexw.com*

4) Attend or host a Coast Salish Protocol workshop and learn how to meaningfully acknowledge "Coast Salish Territory" in your daily life.

5) Invite Coast Salish speakers to your group, church or union meeting to build bridges and consider how you can support reconciliation and redress to make local change possible.

6) In order to redress the legacy of residential schools and advance the process of Canadian reconciliation, the Truth and Reconciliation Commission (TRC) made ***94 calls to action. Read them at bit.ly/TRCaction***

7) Justin Trudeau's government has promised to implement all 94 TRC recommendations, please help ensure they do. Canadians can read the Call to Action, and make their own committments, too.

8) Canada has promised to implement the UN Declaration on the Rights of Indigenous Peoples (UNDRIP). Familiarize yourself with it by visiting ***bit.ly/CanadaUNDRIP***

9) Insist that Canada's 150 celebrations in 2017 reflect ***'Canada 150+'*** and be a springboard for advancing genuine reconciliation.

10) Learn more on April 22!

BIOS: VOICES OF ELDERS

Proceeds support Coast Salish youth initiatives:

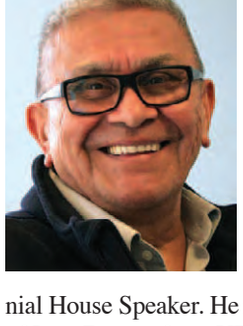
- **Tsleil-Waututh youth travelling to Aotearoa for Indigenous youth sharing**
- **Kwi Awt Stelmexw language scholarships**
- **Coast Salish Cultural Network digital storytelling project**

Lee Maracle

Celebrated Coast Salish author, poet, educator, storyteller and performing artist. She is one of the country's first and most prolific First Nations' writers. Among her novels are *Ravensong*, *Bobbi Lee: Indian Rebel* and *Daughters Are Forever*. She is a descendant of Mary Agnes Joe Capilano, and granddaughter of Chief Dan George. She is an Instructor in the Aboriginal Studies Dept. at University of Toronto, cofounder of the En'owkin International School of Writing, and Cultural Director of the Centre for Indigenous Theatre in Toronto. One of the foremost experts of Coast Salish Peoples and culture, she regularly mentors young people and speaks to audiences across Canada.

Grand Chief Stewart Phillip

Always taking an active role in the defense of Aboriginal Title and Rights by readily offering support to Native communities in need. He is proud to be in his sixth three-year term as the President of the Union of BC Indian Chiefs. He has taken a personal approach across Turtle Island, standing with Elders and communities, and to Victoria and Ottawa and seats of colonial power. He served the Penticton Indian Band as Councillor for 10 years, as Chief for 14 years, and continues to serve as the Chair of the Okanagan Nation Alliance. He is a husband, father and grandfather.



Chief Robert Joseph

Ambassador for Reconciliation Canada and Hereditary Chief of the Gwawaenuk First Nation. As one of the last few speakers of the Kwakwaka'wakw language, Chief Joseph is an eloquent and inspiring Ceremonial House Speaker. He received an Honorary Doctorate of Law Degree from UBC. He is also Ambassador for the Indian Residential School Survivors Society, Chairman of the National Assembly of First Nations Elder Council, Special Advisor to both Canada's Truth and Reconciliation Commission (TRC) and Indian Residential School Resolutions Canada, Chairman of the Native American Leadership Alliance for Peace and Reconciliation, and Ambassador with the Interreligious and International Federation for World Peace.

Joan Phillip

Former elected member of the Penticton Indian Band Council. Joan has more than four decades of political experience advancing Indigenous rights from the 1970's Native Alliance for Red Power period to the present day. In her role with the Penticton Indian Band Council and as its Lands Administrator for more than ten years, she helped manage reserve lands and resources as a Nation-building exercise, and in a manner that protects them for future generations' use and enjoyment. Joan is of mixed heritage including Okanagan and Tsleil-Waututh, and has been married for 31 years to her husband Grand Chief Phillip. They have four grown sons, two daughters, seven granddaughters and seven grandsons.

Friday, April 22 • Earth Day
8-11pm QET Voices of Elders
4-8pm QET Plaza Preshow

Produced by KWI AWT STELMEXW in association with TSLEIL-
More info online at **BIT.LY/QETEA**

COAST SALISH CJSF 90.1 FM CBC bcgeu SALISH COAST LIVE straight CiT 101.9

George Leach

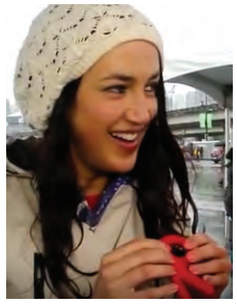
Juno Award-winner George Leach is an artist in relentless pursuit of truth. His dedication to songcraft is evident throughout his career, nowhere more so than on his *Surrender* album. A mix of power and vulnerability, George's lyrics evoke an unusual intimacy and are set to a vast terrain of sounds – touches of classic rock, balladry, and blues. He is in the service of a restless musical exploration and leaves audiences in awe across Turtle Island. In concert George disappears into the moment, chasing the promise of fleeting transcendence that music offers and taking us all with him. Don't miss his closing set!

Children of Takaya

Formed in the early 1950's by Chief Dan George; from the Tsleil-Waututh Nation. Children of Takaya is a Coast Salish group with performances that include singing, dancing and storytelling. They are very active locally, nationally and internationally, including festivals in Europe and throughout North America. The group is currently led by Gabriel George, who also serves as Manager of Culture for Tsleil-Waututh.

TONIGHT'S HOST: Ryan McMahon

Ryan is an Anishinaabe/Metis comedian, writer and actor out of Winnipeg. Armed with a degree in Theatre and graduate of Toronto's prestigious Second City Conservatory, Ryan became the first native comedian to ever tape a one hour standup comedy special for CBC TV. Ryan's storytelling comedy style is fast paced, loose & irreverent as he explores the good, the bad and the ugly between Indian Country and the mainstream. He has performed on CBC Radio, CBC TV, the CBC Winnipeg Comedy Festival, Montreal's Just For Laughs Festival, and taped a new one-hour national comedy show for CBC called *Red Man Laughing*. This live variety show format is currently in development for television. Ryan is an active media commentator on reconciliation issues.



Short Film Program

Come on a journey exploring the true history of Vancouver and living cultural heritage of the Coast Salish Peoples. Watch the trailer for *All Our Father's Relations*, a new film which chronicles the Grant family from Musqueam. Plus *The Letter R* by Hannah Clifford, features artist Kinnie Starr (above) expanding the definitions of reconciliation.

ENJOY AWARD-WINNING ARTISTS PERFORM IN SUPPORT OF OUR ELDERS
APRIL 22, 2016 IS AN INSPIRING EVENING OF SHARED WISDOM, SONG, DANCE AND FILM

$19 | $39 | $99 Tickets Tonight TICKETS TONIGHT (online or 200 Burrard St) | Banyen Books | Spartacus Books HighLife Records | Red Cat Records

Proceeds benefit Coast Salish culture & language projects.

-WAUTUTH NATION with support from CITY OF VANCOUVER.

RTHDAY #RECONCILEEARTHDAY common ground

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SYMBOLS MAKE A NATION

For the First Peoples, the land is full of symbols represented by its names. As a part of settler colonial policy, the official geography of Coast Salish lands were marked by settler colonial naming instead of recognizing and affirming the history and knowledge that had existed here for thousands of years.

Redress and reconciliation, in this sense, can mean everyone promoting the use of Indigenous place names as a way of imagining a "what if?" of just relations between Canada and Indigenous Peoples.

Here are place names from the Squamish language around Vancouver all can learn and use:

- Jericho Beach / Iy̓álmexw [Iy̓ • ál • mexw]
- Ambleside Beach / Sway̓wí [Sway̓ • wí]
- The Lions / Ch'ich'iyúy [Ch'I • ch'iy • úy] *(when viewed from the south)*
- The Lions / Elxwíkn [El • xwí • kn] *(when viewed from the north)*

Hear audio on how to pronounce these and more at ***OhThePlacesYouShouldKnow.com***.

You can also order the remastered **1937 Place Name Map** (left) at ***KwiAwtStelmexw.com/shop***

8th TSLEIL-WAUTUTH CULTURAL ARTS FEST

SUNDAY, AUGUST 21, 2016
WHEY-AH-WICHEN • TSLEIL-WAUTUTH
(CATES PARK, NORTH VANCOUVER)

A celebration of Tsleil-Waututh culture featuring the Chief Dan George Stage, plus Crystal Shawanda (JUNO Award winning blues and country songstress), Children of Takaya, Coast Salish dancers, and more live music and sunshine!

- Takaya Tour canoe paddles
- Traditional foods
- Elders, youth & kids' areas
- Culture demonstrations
- Coast Salish artisans
- All welcome, 55acre site!

Info: Tsleil-Waututh Nation
twnation.ca @TsleilWaututh
604.929.3454

TSLEIL-WAUTUTH
PEOPLE OF THE INLET

Support Indigenous language & reconciliation

Coast Salish is experiencing a revival. Now the language will too thanks to you!

In the Coast Salish language of the Squamish Peoples, "Kwi Awt Stelmexw" means "the ancestors" and "the future generations". It refers to the "people who came last" or sometimes "the people to come after". We are the ancestors to those to come!

In 2016, Kwi Awt Stelmexw—a non-profit organization from the Squamish Peoples—launched the Language Reconciliation Fund. This fund was established to aid in the protecting of the Language Rights of the Squamish People. We issue student scholarships, give out micro-grants, and fund the development of books, materials, and resources for Squamish Language speakers.

Support the language rights of the original inhabitants of Vancouver by donating to the Language Reconciliation Fund.

Donate to Kwi Awt Stelmexw's Language Reconciliation Fund
www.kwiawtstelmexw.com/donate

Or send cheque payable to:
Kwi Awt Stelmexw, Box 57145,
2746 East Hastings
Vancouver BC V5K 5G6

contact@kwiawtstelmexw.com
Facebook.com/KwiAwtStelmexw
Twitter: @KwiAwtStelmexw

Claudio Naranjo on transpersonal psychology

In my first English book, *The One Quest* (1972) – translated from the Spanish *La Unica Busqueda* – I delved into the subject of the Human Potential Movement. Later, at the Stanford Research Institute, I was a consultant for the Study of Educational Politics Institute and I was entrusted to explore this movement, which had its roots in Esalen, the most practical and experiential component of humanist psychology. It later emerged as an academic translation of that phenomenon. At Stanford, I was tasked with discovering the possible application of the Human Potential Movement in education.

Only later did I realize the person who entrusted me with this task, Willis Harman, was a pioneer, as until then, mainstream education had not been interested in such matters. Even today, education insists on being the most obsolete and antiquated of our institutions. We are still taught, in the style of the 18th century, to produce repeaters and to give information, instead of helping develop penetrating minds.

Curiously, many stimuli have inspired me from the world of education, to the point that I have become passionate about the topic. Our education system is responsible for the consciousness we have and the world we create. As of yet, we have not had an overall education system that works towards affectivity or enables students to become more virtuous, conscious and authentic people. This is missing from our current education system.

It is said that consciousness is intentional – consciousness of things, consciousness and object. However, the process of being conscious of consciousness is difficult, since what one looks for in meditation is a consciousness without object. This is a self-consciousness that does not go through reflection. It is a mysterious phenomenon. That is *satori,* contact with the nature of the mind or whatever you may call it. It is as if one were slowly acquiring, little by little, a bit more of a cosmic perspective – a perspective in which things are observed from afar, without attachment.

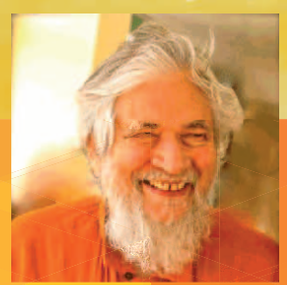
I have a lot of faith in meditation, not just in therapy, but also in the therapist as a transformative agent. My '60s writing, *The Healing Journey,* explained the potential of certain novel pharmacologic agents of that time as enhancers to psychotherapy such as MDMA, MDA, ayahuasca and ibogaine. It was a slightly magical moment in my life due to the density of synchronicities. And I found myself with what are now called empathogens or entactogens.

I describe that there are substances that are not hallucinogens, but more like microphones and microscopes, which help one see the emotional life with more comprehension. And I called them feeling enhancers, optimizers of feeling. I discovered a substance that was extremely useful for therapy, different from LSD.

Later on, I became interested in harmaline. It is a long story, but something attracted me to the study of that plant. So I began to experi- *continued p.29...*

MEDITATION RETREAT

WITH CLAUDIO NARANJO



This unique event will include the ancient Theravada teaching of absortion (jhanas) and the Tibetan teaching of contemplation from the perspective of space, and this will be combined with a guided "peer therapy lab" structured according to an integrative view on the causes of suffering. There will also be a daily component of Expressive Movement.

From the 5th to the 11th of june 2016 (The Retreat's stay starts at 4pm on June 5th)

For Registration and Information: info@claudionaranjo-sat.com
Hollyhock Retreat Center. Manson's Landing
Cortes Island, B.C. V0P 1K0 Canada
(800) 933-6339 (250) 935-6576 outside North America

www.claudionaranjo-sat.com

Claudio Naranjo is and has been for a seeker, a visionary, and a catalyst for the integral transformation of individuals and collectives. Considered the successor of gestalt therapy creator Fritz Perls, Naranjo's distilling–from myriad spiritual traditions (shamanism, Tibetan Buddhism, Sufism) and psychotherapeutic approaches (life's work has focused on humanistic, body-oriented, transpersonal)–the essence of what is necessary for the process of the transformation of consciousness.
He is the founder of the SAT Program, an integrative program for transformation that has been running successfully for nearly forty years now, in different countries of the world.

Mac McLaughlin

StarWise

April 2016

WOULDN'T YOU know it? Donald Trump has a most phenomenal birth chart – right off the roadmap powerful. As one astrological writer exclaimed when describing a powerful planetary position, "But powerful for what?" The man, for better or worse, has captured the attention of the whole world. Everybody's watching this one with rapt attention.

Donald Trump was born on June 14, 1946, in Queens, New York at 10:54 AM. For starters, he was born on the day of a lunar eclipse and at a time that places his Sun and Moon in angular houses of the birth chart. The houses are the fields of activity for the planets and the angular houses have the most power by far. In astrological parlance, he has the Sun in Gemini and Leo rising. The lord of Leo is the Sun and it is placed in his tenth house, which is the most powerful house in the birth chart, especially considering name, fame and career activities. In order to be born on a lunar eclipse, the Sun and Moon must be close to the lunar nodes, aka the dragon's head and tail.

In vedic astrology, the nodes are called Rahu and Ketu and when Rahu and Ketu are associated with the lights (Sun and Moon), it brings immense power and magnetism. Rahu carries a very hefty reputation among the planetary deities. He is known to be mean, aggressive, haughty, egotistical and insatiable. He can never get enough no matter what he has; he will always seek more power and wealth. Rahu is known to be devious. It's all smoke and mirrors. Mars rises in Leo at Trump's birth giving him a fiery and brash disposition. Never a quitter and always on the go, non-stop, all day long.

From an astrological perspective, it is highly likely he will attain the presidency of the US. He has literally knocked the stuffing out of the competition and he breaks all the rules while doing so. No doubt, the Donald has, and is creating, many powerful enemies that would love to stop him dead in his tracks. According to the astrology on board, he is in great danger and if elected he enters into a time that is even more precarious and very dangerous – especially from January to September 2017. We are witnessing history in action and from a spiritual perspective I wish him and all others peace and love. From what the stars are indicating, the USA is in the midst of a revolution in consciousness and Mr. Trump seems to be the lightning rod for it all.

Mac McLaughlin has been a practising, professional astrologer for more than four decades. His popular **Straight Stars** column ran in Vancouver's largest weekly newspaper for 11 years. Email mac@macsstars.com or call 604-731-1109.

Retreats
Krishnamurti Educational Centre of Canada
in a beautiful ocean-front setting near Victoria, BC
April 15-17 "Yoga and Krishnamurti"
a retreat with Dr. Ravi Ravindra (www.ravindra.ca)
June 10-12 "What is Awareness?"
a retreat with Dr. Ashwani Kumar
REGISTER NOW www.krishnamurti-canada.ca
programs@krishnamurti-canada.ca 250-744-3354

ARIES Mar 21 - Apr 19
It's your time to shine. Fate and destiny run the game of life and now much is being formulated regarding your future. Aries are instinctive and intuitive and now more than ever you need to rely on your instincts. It's a green light go time and don't waste time. Love is around; move towards your destiny.

TAURUS Apr 20 - May 21
For the first three weeks of April, most of your work and efforts are done behind the scenes. You may be conflicted about all kinds of issues and concerns. The Sun enters Taurus on April 19, giving you a big boost, confidence wise. The full Moon on April 21 brings revelations, epiphanies and other possibilities.

GEMINI May 22 - Jun 20
Gemini is known as the chameleon of the zodiac and can blend in easily with whichever environment it finds itself in. This ability may come in handy in the next couple of months, as sparks are sure to fly. It may be wise to remain neutral – or fight really hard if you have to.

CANCER Jun 21 - Jul 22
The answers you are looking for will probably pop into your psyche within a couple of days either side of the full Moon date on April 21. Cancer is affected by every full Moon and as it lights up the night sky, it lights up your inner sky bringing illumination and understanding in clear detail.

LEO Jul 23 - Aug 22
April 14 and 15 are feel-good days, with April 15 probably the best day of the month. Travel and career sectors are heating up with all kinds of potential opportunities manifesting. Play the long game, as things are in a state of flux and will remain that way through to the end of May.

VIRGO Aug 23 - Sep 22
It's time to dig in deep and get to the bottom of any particular thing. You're known to be analytical, critical and very hard working and now is the time to put those gifts to good use. Home, family and real estate seem to be the focus now. It's spring cleaning time, spiritually and materially.

LIBRA Sep 23 - Oct 22
Libra is all about harmony, equanimity and fairness in all things. The new Moon on April 7 is directly opposite to your Libra planets. A series of surprises, changes and challenges throughout the month is highly likely. It's a whirlwind time, with not much time to rest and you may not mind.

SCORPIO Oct 23 - Nov 21
The Scorpio full Moon on April 7 will help you see what needs to be done in order to bring peace into your life. The next couple of months may seem problematic, confusing and a bit challenging. One remedy is that if you don't know what you truly want, keep eliminating what is no longer useful or worthy.

SAGITTARIUS Nov 22 - Dec 21
Concentration, effort and a keen eye on the target are needed now. It is definitely not the time to be careless. Stay off your electronic device while driving. Every successful person puts in hard hours and devotion in order to perfect their skills. It's your time to do so.

CAPRICORN Dec 22 - Jan 19
You may sense some rumbling beneath the Earth as changes start to formulate and take place. Fortunately, you are of the cloven foot clan and can make life-saving leaps when necessary. Dramatic as it sounds, it's just a clarion call that things are in the midst of change and you must accommodate them.

AQUARIUS Jan 20 - Feb 19
The Aquarius keywords are "I know." But is what you know the truth? Is it real and will it bring you freedom and peace of mind? There's a battle going on deep within your psyche regarding all kinds of topics regarding the law, humanity and the present condition of the world. Your contribution is needed.

PISCES Feb 20 - Mar 20
Co-rulers Jupiter and Neptune are casting glances from across the sky. And, of course, Neptune is in Pisces enlivening your sign dynamically. In my effort to describe its influence, lets say it can open you up to the cosmos. Jupiter and Neptune are spiritual planets and can bring visions and enlightenment.

A relationship journey

There comes a time when the pain of holding on becomes worse than the pain of letting go. – Unknown

I am thinking of two similar client cases that demonstrate the struggle that can emerge when there has been infidelity in a marriage. I will blend them into one.

It starts when she meets a man with whom she thinks she can have the life she never had as a child. She is full of love and the desire to create a happy life together. Her inner child craves a sense of belonging and the feeling she really matters. He is drawn to her nurturing ways and her unconditional loving. His inner child looks forward to a life with a woman who cares about – and for – him in a way his mother never did.

They are in love with high hopes and both are good people with good intentions. However, with the passage of time it becomes more of a one-way relationship: his way. He wants to spend time with his friends doing things he likes to do. Even if he does spend time with her, it has to be doing what he wants to do.

Her inner child craves a sense of belonging…

He is drawn to her nurturing ways.

She notices he does not seem interested in her needs. She starts feeling as she did when she was a child. She was expected to take care of things, but nobody cared about her. This is not what she thought it would be. She wants that feeling that was there in the beginning – the feeling he really loved her and cared about her happiness.

She wants to have a happier relationship so she decides to talk to him about it. He doesn't know what she is talking about. He thinks everything is fine. She points out the behaviours that leave her feeling alone and unimportant. He gets defensive: "Oh, so now I'm not allowed to see my friends?" He takes her statements of concern as criticisms and attacks back.

He not only makes it impossible to talk with him, but she realizes the things she is asking for – more of an emotional connection, more time together and working as a team – are not really things he wants. She is unhappy because she feels stuck and he is unhappy because she is not happy with him.

Eventually, he becomes grumpy and impatient with her, even mean. Then, in time, she finds he has been having an affair. She feels betrayed and heartbroken and he walks out so he can be with his new partner. Her world collapses and she feels abandoned.

Strangely, even though separated, he still maintains contact with her. He tells her he loves her and cares for her even as he is with someone else. He wants it all to be okay. He wants to be friends. Her inner child, who is lost and confused, holds on to him. She just cannot cut him out of her life. He likes this. It makes her miserable, but she feels that to cut him out of her life would be mean. She is not used to standing up for herself. It may take months or years for her to realize she is being played. He does not want to be the bad guy and he wants to be able to manipulate her around the terms of the divorce.

When she finally tells him she wants no further contact, she begins to take her power back. She wonders why it took so long. Difficult as the process was, it was one of bringing her wise adult to care for her inner child. And next time, it will be her wise adult and not her inner child that chooses her partner.

Gwen Randall-Young is an author and psychotherapist in private practice. For articles and information about her books, "Deep Powerful Change" hypnosis CDs and "Creating Effective Relationships" series, visit www.gwen.ca and find Gwen on Facebook.

HAVE YOU HEARD
THE CALL OF SOUL?
"If you are a sincere seeker of truth, you realize that something within you is constantly pushing you from the nest. You know the answers you seek do exist somewhere in the world. This inner force that pushes you to find the answers is an urge you have no control over. It is the call of Soul."
– Harold Klemp, The Call of Soul, p.1
"OPEN YOUR HEART TO THE ANSWERS WITHIN YOU"
SATURDAY, MAY 21, 2016, 1:30 - 4:00 PM
The Nest (formerly the UBC Student Union Bldg.), 6133 University Blvd., Vancouver, BC
Presented as part of the BC ECK Regional Seminar, May 20 - 22
Come explore, share, or just listen.
Talks, music, creative activities,
and discussion groups.
Presented by Eckankar
Experience the Light & Sound of God
TOLL FREE 1-800-708-9060
www.eckankar-bc.ca
Free Event! Everyone welcome!
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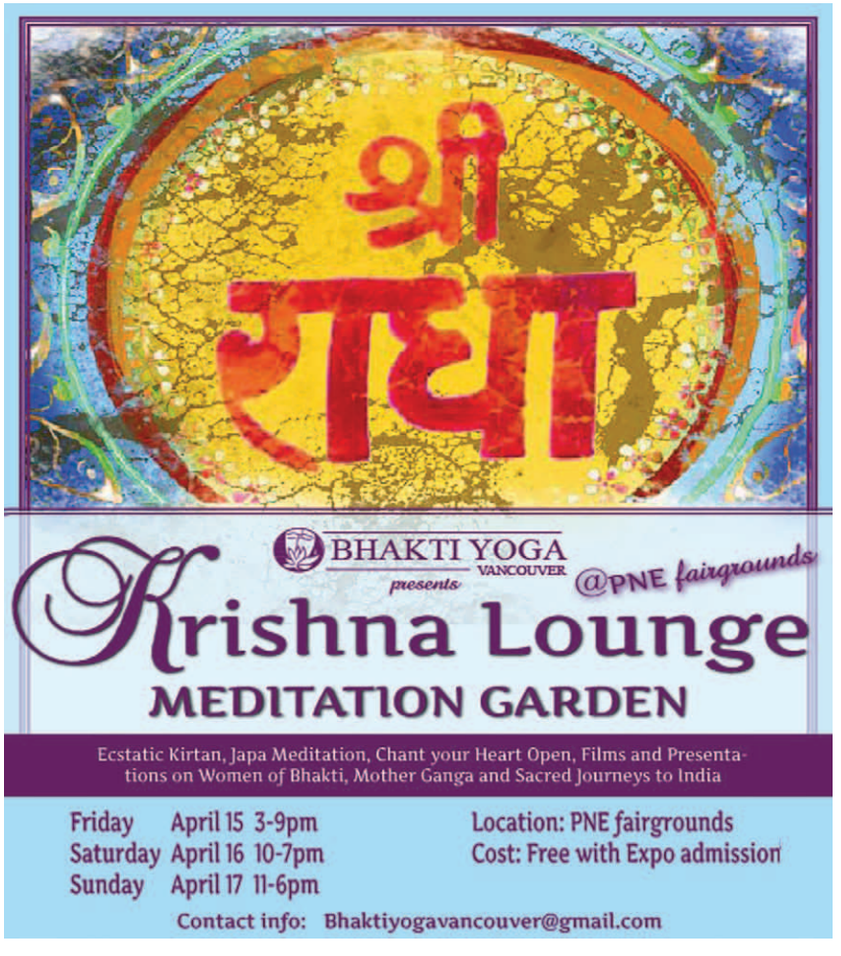
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BHAKTI YOGA VANCOUVER
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MEDITATION GARDEN
Ecstatic Kirtan, Japa Meditation, Chant your Heart Open, Films and Presentations on Women of Bhakti, Mother Ganga and Sacred Journeys to India
Friday April 15 3-9pm
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Location: PNE fairgrounds
Cost: Free with Expo admission
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ONE DAY FOR YOUR CAREER

Natural Wellness
CAREER & JOBS FAIR

Join us at the Natural Wellness Career & Jobs Fair in Vancouver.

- discover wellness colleges and courses
- connect with local employers
- bring your questions!

For more information: **hans.org**

Saturday May 7, 2016
10 am to 4pm
Robson Square
800 Robson Street
Vancouver, BC

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phone 604.435.0512
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Science Matters David Suzuki

ENVIRONMENT

Change is in the air

When Archduke Franz Ferdinand of Austria was assassinated in June 1914, no one thought, "Uh-oh, World War I is starting." We only recognize the significance of events in the context of history. I recently had a day like any other except it made me wonder if we're on the verge of historical change.

On March 2, 2016, I woke to CBC's *Early Edition* and heard program host Rick Cluff interviewing Canada's Minster of the Environment and Climate Change, Catherine McKenna. She was explaining her infant government's intention to meet the emissions targets set in Paris in December. That was followed by an interview with Canadian Labour Congress president Hassan Yussuff talking about his organization embracing the need to address climate change with a proposal to create a million "climate jobs" over the next five years. It all struck me as amazing after a decade when little attention was paid to climate change at the federal level.

We only recognize the significance of events in the context of history.

I hopped out of bed with excitement. Walking to the bus stop, I was hailed by my neighbour, the eminent architect Bing Thom, who invited me to squeeze into his Mini Minor. As we drove downtown, he was anxious to talk about the energy future and how it related to his job designing places to live and work. "We have to be bold because climate change is so urgent," he repeated several times.

As he let me off at the Fairmont Waterfront hotel, I wondered if I was still asleep and dreaming. I then noticed a number of identical bicycles at the hotel entrance. When I asked a manager whether they're for rent, he replied, "They're for our hotel customers on a first-come, first-served basis." I asked whether they were used much. "All the time. People love them," he answered.

I was at the hotel to join Yussuff for a news conference about the CLC's plan, called "One Million Climate Jobs: A Challenge for Canada."

As Yussuff and I chatted before the event, I asked how he had come to take climate change so seriously. "I have a seven-year-old daughter, and my greatest concern is the world we are leaving her," he said, "Climate change is going to have a profound effect on her life." I responded that, as a grandfather, I shared his concern.

At the news conference, I thanked and congratulated the CLC for the forward-thinking idea that the challenge of climate change presents an opportunity. British Columbians, I said, are at the frontlines of climate change.

The reporters wanted to know what specific proposals we had to reduce greenhouse gas emissions. I pointed out the important hurdle was to commit to reduce emissions because, until we start, we won't know what opportunities will arise. I reminded them that in 1961 when President John F. Kennedy said the US would get American astronauts safely to the Moon and back in a decade, no one knew how they were going to do it.

Amazingly, not only did they achieve the goal before the decade was over, there were hundreds of totally unanticipated spinoffs, including laptops, cell phones, GPS, ear thermometers and space blankets. I am absolutely certain the same will happen when we commit to avoiding chaotic climate change.

This day wasn't much different than the day before or the next one, but it made me feel that a revolution is already underway.

Excerpted from the original article. **David Suzuki** is a scientist, broadcaster, author and co-founder of the David Suzuki Foundation. Learn more at www.davidsuzuki.org

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She graduate from Anhui College of Traditional Chinese Medicine in 1985. She has been working in the field of TCM since then. Please call to book your appointment.

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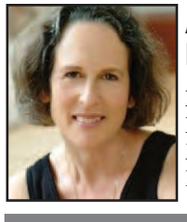

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The real poison pill in the TPP

Canadians have many reasons to be concerned about the Trans-Pacific Partnership (TPP), a massive international agreement that, if ratified, will result in restrictive new rules governing our daily lives, from how we use the Internet to how much we pay for medicine.

We already know the TPP will extend copyright terms for decades, keeping valuable cultural content out of the hands of new artists and the public. We know it will hamstring Canadian innovation; Canadian tech entrepreneurs tell us how it locks in the economic advantage US firms already enjoy in the intellectual property sector.

But the real poison pill in the TPP lies in its "investor-state dispute settlement" mechanism, or ISDS. Economists from all sides of the political spectrum have warned how the TPP's ISDS rules would allow foreign conglomerates to challenge our domestic laws and subject Canada to multi-million dollar lawsuits.

For example, if Canada updates its copyright rules to the benefit of users, we could be sued for millions, if not billions, by powerful and unaccountable foreign conglomerates. Although ISDS is not a new idea – similar rules appear in the 20-year-old NAFTA and in the more recently completed Canada-EU Comprehensive Economic and Trade Agreement (CETA) – many citizens are only now coming to understand the negative implications.

> The government will not disclose how much Canada has been penalized. We could end up forfeiting billions in an opaque tribunal system, staffed by ex-lobbyists, for which there is no appeal process.

In fact, Canadian and European governments are already rethinking CETA's ISDS rules, due to widespread concern about how they enable powerful conglomerates to undermine national sovereignty. Increasingly, people are asking why we should prioritize the profits of giant conglomerates over the right of citizens to legislate in their own self-interest – for example, by creating balanced intellectual property laws.

This raises two important points: first, if the government can go back to the drawing board with CETA, an agreement that is long completed and well into the ratification process, surely it can do the same with the TPP. But Canadians have repeatedly been told the TPP is now closed to any modification, despite the fact that the public, not to mention our current federal government, was completely excluded from the talks. This simply isn't good enough. The government should stand up for Canadians and demand better.

> Its "investor-state dispute settlement" mechanism… allows foreign conglomerates to challenge our domestic laws and subject Canada to multi-million dollar lawsuits.

Second, we're now fully seeing just how unpopular extreme ISDS rules really are. Citizens of many industrialized nations, Germany in particular, find the terms of ISDS unacceptable and are increasingly voicing their unease. The more people learn about ISDS, the less they like it.

They're not wrong. Looking at Canada's own past record in ISDS proceedings, it becomes clear we're rarely a winner. Canada has been called the most-sued nation under free trade agreements and a Canadian company has never won an ISDS case at a trade dispute panel under NAFTA.

Let me leave you with two final points about the TPP's ISDS rules: there's no way to challenge ISDS decisions once they're made and if and when we lose a case, the government will not disclose how much Canada has been penalized. We could end up forfeiting billions in an opaque tribunal system, staffed by ex-lobbyists, for which there is no appeal process.

Does this sound like a fair deal to you? If not, join with thousands of your fellow Canadians and let the government know what you think at LetsTalkTPP.ca

Meghan Sali is a digital rights specialist with OpenMedia, which works to keep the Internet open, affordable and surveillance-free.

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Earth Day April 22

APR 3 & 17
Krishnamurti Vancouver Group @ Vancouver Public Library, Board Breakout Room, 350 W. Georgia St. 1-5PM. Free video showing & dialogue! www.meetup.com/Krishnamurti-Vancouver-Group

APR 7, 14 & 21
Call of Soul Book Discussion at Bonsor Recreation Complex, Boardroom,6550 Bonsor, Burnaby. 7:30-9PM. All welcome, Free. www.eckankar-bc.ca

APR 13 & MAY 3 & 5
Free Shamanic Power Initiations & Open Houses. Online & onsite. Hosted by the Institute of Shamanic Medicine. Online 7PM: Apr 13 & May 3. Onsite 7:30PM, May 5. RSVP to info@shamanicmedicine.ca www.shamanicmedicine.ca

APR 14 & 28
Events at Banyen: Apr. 14: Susan Musgrave "A Taste of Haida Gwaii," 6:30-8PM. Free talk & signing. Apr 28: Master Helen Liang: Live Tai Chi Demo, 6:30-8PM. Free talk & demo. banyen.com, 604-737-8858.

APR 15
Concert at Celtic Traditions with folk musician Oliver Swain and Anh Phung (flute & Irish whistles.) Door/7:15PM, concert/8PM. $20, 3721 West 10th Ave., Vancouver. Seating limited. RSVP by phone: 604-222-2299.

APR 15-17
Rekindling the Black Pearl: A shamanic workshop for women. Re-connect to your natural feminine sexual essence. In Vancouver. Register at rekindlingtheblackpearl.com or call Sheryl 604-220-9265.

APR 15-17
Galiano Island's 9th Annual Nettlefest: Are you interested in eating more local food and cooking with wild ingredients? Join us for a fun celebration of local wild abundance on beautiful Galiano Island and learn all about nettles, their health and nutritional properties, how to harvest them and how to cook them. Info: www.thegalianoclub.org/food-program

APR 15-17
The Body Soul & Spirit Expo: Three days of inspiring exhibits, lectures, workshops, & more. Featuring Lynn Andrews, Barbara Hand Clow & Gail Thackray. PNE Forum (Hastings & Renfrew). Tickets www.bodysoulspiritexpo.com or call 1-877-560-6830.

APR 15-17
"Yoga and Krishnamurti" a retreat with Dr. Ravi Ravindra. www.ravindra.ca At Krishnamurti Educational Centre of Canada. Beautiful ocean front setting near Victoria. Register at www.krishnamurti-canada.ca, 250-744-3354, programs@krishnamurti-canada.ca.

APR 16
2nd Annual Rights and Freedoms March: Meet 9:30AM at Olympic Village, Spyglass ferry dock at the base of the Cambie St. bridge. Walk from Olympic Village to David Lam Park. www.rightsandfreedomsmarch.com

APR 16-17
Ayurvedic Reflexology SMART 1 (for the feet) with Sharon Stathis. Pre-Requisite: Working knowledge of reflexology. $350 + GST. Repeat students: half price. (With SMART II: $500) 9-5PM, St John's Ambulance, 6111 Cambie St. Register: 604-875-8818 or at www.pacificreflexology.com

APR 17
Meditation for Spiritual Awareness: FREE intro workshop by Science of Spirituality on the Theory & Practice of Jyoti Meditation–Meditation on the Inner Light. 2PM, Meditation & Ecology Centre, 11011 Shell Rd., Richmond. For info and to register, call Linda: 604-985-5840. Drop-ins welcome.

APR 22
Earth Day 2016 at Queen Elizabeth Theatre, Vancouver: 4-8PM Plaza Preshow. 8-11PM Voices of Elders. Song, dance & film. Tickets online at www.ticketstonight.ca/ (See pgs. 16-17 in Common Ground).

APR 22-24
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APR 24
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APR 28
Starhawk – 1-5PM Workshop: The Magic of Co-creation: Power, Process and Conflict in Groups. 7-9:30PM: Weaving Future Visions: Re-Story the Future Readings from "City of Refuge," Discussion, Spiral Dance, St. James Community Square, 3214 W. 10th, Vancouver. Details/Cost: www.soundsandfuries.com/workshops

APR 29
One Night One Voice: a global release of the documentary film, Healing Voices. 6:30PM, Vancouver Public Library, 350 W. Georgia St. (#HEALINGVOICES, @VoicesMovie on Twitter & Instagram, healingvoicesmovie.com. Discussion follows. Info: call Hunter at 604-261-7204 ext.0.

APR 29-MAY 1
T & T Spiritual & Wellness Connection invites you to the Body Mind & Spirit Fair. Located Upstairs @ Ridge Meadows Home Show, 4-22371 Lougheed Hwy., Maple Ridge, BC. For more information: fair.tandtvancouver.com

MAY 1
Walk for Alzheimer's: Event location: Creekside Community Recreation Centre, 1 Athletes Way (in Olympic Village near Science World). Registration: 12PM. Event 1-3PM. 5K walk, indoor/outdoor. Register at walkforalzheimers.ca or call 604-681-6530.

MAY 1
Optimizing Kids: Managing Behavioural Challenges Through Nutrition, Diet and Lifestyle, 2-3:30PM. Fairmont Hotel, 900 W. Georgia St. For more information, visit http://bit.ly/1T4l6uJ

MAY 4
Vulnerable Leadership: Discovering the Power of Authentic Connection. With Duane & Catherine O'Kane. 7:30PM sharp. Unity of Vancouver, 5840 Oak @41st. www.clearmind.com

MAY 7
Natural Wellness Career & Jobs Fair: Presented by Health Action Network Society (HANS). 10-4PM, Robson Square, 800 Robson St. 604-435-0512, events@hans.org Info: hans.org

MAY 14
Free Open House - Institute of Holistic Nutrition (Vancouver): Course/Career opportunities, exhibits, lectures & more. 10AM-3:30PM, 604 West Broadway, Ste. 300. 604-558-4000. Lecture descriptions at www.instituteofholisticnutrition.com

MAY 14-15
Lumalight Colour & Geometry Course: (In Vancouver). Learn the science, theory and practical applications of the Spectrahue Method(tm) with Lumalight tools & integrate it into your holistic or spiritual practice. Nationally Accredited (CE's). Registration/Information: www.spectrahue.com or call (416) 340-0882.

MAY 21
Free Event: "Have You Heard the Call of Soul? Open Your Heart to the Answers Within You." Presented by Eckankar. 1:30-4PM at The Next (formerly the UBC student union bldg., 6133 University Blvd. 1-800-708-9060. Everyone welcome.

MAY 28
TEDxStanleyPark 10-6PM at Queen Elizabeth Theatre. "What Does Legendary Look Like?" Superb speakers, venue, hospitality and sustainability. See ad on outside back cover of Common Ground. Buy your ticket at www.tedxstanleypark.com

JUNE 5-11
Meditation Retreat With Claudio Naranjo: Theravada & Tibetan teachings & daily Expressive Movement. Retreat starts 4PM, June 5. Hollyhock Retreat Centre, Cortes Island. Info/Registration: info@claudionaranjo-sat.com www.claudionaranjo-sat.com, 800-933-6339.

AUG 21
8th Tsleil-Waututh Cultural Arts Festival: 12-7PM, Cates Park North Vancouver. Chief Dan George Stage features Crystal Shawanda, Children of Takaya, Coast Salish dancers & live music. Food, paddling, demonstrations, artisans & more. Info at: twnation.ca, 604-929-3454.

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...*Claudio* *from p.19*

ment with it and it wasn't long before I realized it had very similar properties to ayahuasca. Now, it constitutes a huge psychedelic business; there are many centres in the world that thrive from the use of ibogaine to curb addictions. It has that special effect. It is used a great deal in the treatment of addictions, as it is legally allowed in many parts of the world. My experience is that these things fell into my hands, one after another, at a moment where I was perhaps in the right place at the right time.

Of course, the shaman is the original therapist, but he is also the archaic, original mystic. And at one time, meditation and therapy or spirituality and therapy were not separate. We are now returning to a neo-shamanic culture, one could say, because of this interest, this recognition that both belong to the same meta-discipline. One difference between shamanism and psychotherapy is the frequent use of the so-called magic plants. Another difference is that shamans do not have an ideology; they do not have theories about psychotherapy. They figure it out however they can. By "figure out," I mean, their presence has an effect. They are a bit like healers. Even if they do not explicitly act as healers, their presence has a healing influence. They may do this or that, but it is their presence that has an effect. Therefore, their training is not like that of the therapist, who has learned therapeutic theory.

My LSD experience was very important and it coincided with my already being on the *yage* trail, which is now called ayahuasca, but in Colombia it was called *yage*. I had had a conversation with Richard Schultes, the famous botanist who had identified the plants in *yage* and he gave me the information to get in touch with his plant gatherers among the indigenous Cofan people in Colombia. When I finished my Fulbright scholarship in the US, I went on an expedition to Putumayo, by way of Chile, and there I started to investigate.

It was an interesting experience for me – not just because of what I learned through foreign experiences about the archetypal world, but also because it inspired me to play a role I did not intend on playing: the therapist role. And it turned out to be my deep reconnection with therapy. j

Meditation retreat June 5 -11, information www.claudionaranjo.com

image © Nikki Zalewski

Colour light therapy

How it works

by Julianne Bien

In her closing address at the UN-sponsored International Year of Light conference in Mérida, Mexico, in February, UNESCO's* Assistant Director-General for Natural Sciences, Flavia Schlegel, stressed the importance of practical, cost-effective light-based solutions for the realization of the 2030 Agenda for Sustainable Development.

We are finally starting to fully appreciate the power of light, globally. Its advanced uses on land, at sea, deep under ground and far out in space prove we are able to tap the essence of the world around us.

But how about the world inside us? Health-related uses of light include diagnostics, surgery, psychiatry, psychology, revitalization, rejuvenation and emotional and spiritual makeovers. We have laser-based instruments, LED-based apparatuses, full-spectrum lights and various digital and analogue devices.

Where we lag behind is in understanding how, exactly, our bodies respond to light. This is why terms such as chromotherapy, phototherapy and light therapy in general – although ancient in origin – very slowly progress toward full endorsement of the medical establishment.

Auto-immune problems, emotional trauma, allergies, metabolic imbalances, seasonal affective disorder, jet lag, sleep and attention deficit disorders often respond better to light than to traditional medical interventions. And there are good reasons for that; we just haven't explored them enough.

In the 20th century, photo-biologist John Ott was hired to document the effects of pharmaceutical drugs on living cells, with an electronic microscope and a special camera. Ott noticed that changing the colour filters on his camera lens changed the cells' behaviour. In fact, lens colour change had a more dramatic effect on the cells than did the observed drugs.

On the 'ground level' where life in our bodies unfolds, light and colour have more say than chemical compounds which we concoct. Our cells naturally understand the language of light and its messages – which the colours convey through their frequencies – to ignite, burn, sizzle, scorch, smoulder or go off. That's the same cycle the stars in our universe undergo.

I'm often asked how colour light therapy really works. It appears esoteric and mystical, bordering on magic. The best analogy I know – one we all know well – is fire.

Fire is quirky. It is our species' first tool, process and weapon. It gives off light and heat on demand, echoing our life-giving star in the sky, and we get to wield it at will. If you look closely, it varies in colour, depending on intensity. At first, it's yellow and orange; green flame tips and blue-ish bursts will tell you it's sizzling; you'll want it bright white, though, if you wish to melt metal or bake clay.

Still, starting and maintaining a fire is tricky, at best. It's moody. It might flare up in an instant or just smoulder for hours. Sometimes, a trained hand gives up in frustration; another time a fire will light itself up. Too much moisture around it and it won't even start; too little and it burns itself out.

So it is with us. We are internal combustion engines, with trillions of tiny burners. Our cells burn up oxygen and produce heat. They use the resulting light as an ultra-fast messaging system. It all works to perfection – from toes to teeth - except when it won't.

When an imbalance sets in, our internal flame in an organ dies down. Or it flares up, past all safety limits, causing redness, fever and pain. We don't know what triggers this any more than we can pinpoint the cause of a wild forest fire or control it.

Knowing how tiny our internal burners are, it's easy to see how fine-tuned and delicate any support we give them must also be.

Most light-based treatments rely on emitting an intense light beam or outputting a wide swath of bright light – one way. Interaction is not usually foreseen. In contrast, hand-held colour light illuminators work off the silent communication between the person sending faint light and the person receiving it.

Instant reactions – live bio-feedback – guide the hand holding the penlight. By spontaneously adjusting the angle and the height of the light beam, we work within the aura and can affect all levels (physical, emotional and spiritual). As with lighting a fire, intuition and experience play a part. This adaptability is why low-intensity, hand-held colour light therapy tools and protocols are so effective.

Colour light therapy is ancient. Thousands of years-old records exist of diagnoses and cures based on colours. Chromotherapy is a well-travelled road to wellness we've all but forgotten over time.

With more research and even a fraction of the resources that are poured into developing chemical cures, we could restore much of what was known long ago about light and potentially discover more colour power than we ever imagined.

© 2016. **Julianne Bien** is the inventor of the Spectrahue method of colour light therapy. She owns Spectrahue Light & Sound Inc., a Toronto-based company that distributes its original LumaLight hand-held tools and educational materials, including books, DVDs and live trainings. www.spectrahue.com

*United Nations Educational, Scientific and Cultural Organization

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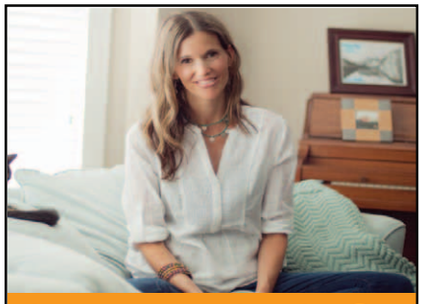

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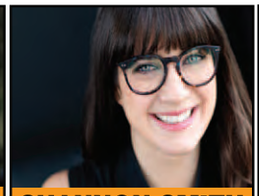

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